



Do you have to enjoy work?

LEADERSHIP, EMPLOYMENT, CAREER, DECISION MAKING

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It's been an area of conversation at the moment. Many of my friends don't like their jobs, however they are not leaving

They don't want to change, risk in changing jobs and what would they do – unsure what would make them happy.

I know that I am a bit strange, I really enjoy work. Yes there are days I don't enjoy or periods of my career I haven't enjoyed however overall I love working. It gives me energy, joy and I love to learn. **I love interacting with people and helping businesses.** I really enjoy the variety of consulting - different

businesses, industries and different work. Ability to manage my own hours and workload etc and get to work with a great team.

However, I am surprised the number of people that;

- Don't enjoy work
- Won't move because hate change or
- Don't know what to do
- Happy with pay and don't want to get pay cut

I always say that there are aspects of everyone job they don't enjoy – let's say 20% max. But you need to live with this – and that's normal but you need to enjoy the rest.

If you are not happy going to work every day, **how long do you stay stuck in this role?** Life is short. With perspective being miserable at work is not good for the quality of your life and you need to think about what you enjoy and what you want to get from your work and then make a plan.

You spend a lot of time at work, so if you don't enjoy it that is a big chunk of your life that you don't like. It flows through other elements of your work.

- Be honest on what is going to make you happy
- Do you need to make a change?
- Is the organisation you work for have other roles you can do?
- What makes you happy?
- What are your 3 non negotiables for a new role?

Be bold, brave and be clear with yourself on what you want and then go and get it.



Appreciate you need financials to pay your bills, but **working in a job that makes you miserable is not a good use of your time and energy** and finding that right role, will make you so much happier, you will wish you had done this earlier.

I always encourage my employees to look for a new job, if they are not happy. Seriously, then people find a new job and they are back to being themselves and happy.

If you are miserable, why?

- Do you need to change your job?
- Why not now?
- What are your 3 non negotiables.

Examples of non negotiables

- \$xxxk annual salary
- Learning opportunity
- Certain industry
- Certain level
- Great boss / leader
- Small size company
- Large size company

Do you have any other non- negotiables?

Be honest with yourself about what you want from life and then pursue it wholeheartedly.

If we can help you, reach out for a no obligation chat to [Jo Hands](mailto:jo.hands@whiteark.com.au) on 0459826221, or jo.hands@whiteark.com.au